

Beacon City School District

000689 - Krazy Kale Chips :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 12 Size of Portion: chips Alternate Recipe Name: Krazy Kale Chips				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011233 KALE,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING.... 002047 SALT,TABLE.....	3 CUPS (chopped) 1 Tbsp + 2 3/4 tsp 3/8 tsp	<p>Cut kale into leafy pieces removing the hard center stem Wash and thoroughly spin to dry. NOTE - CHIPS MUST BE COMPLETELY DRY FOR THEM TO BE CRISPY</p> <p>Place leafy pieces on parchment lined sheet pan lightly coat with olive oil. Do not get them too oily Roast 325 degree convection oven until outer edges are dark not burned about 10 minutes</p> <p>remove from oven to chill - toss lightly with salt. Service is for tasting purposes only</p>

*Nutrients are based upon 1 Portion Size (chips)

Calories	25 kcal	Cholesterol	0 mg	Sugars	0.2 g	Calcium	42.61 mg	86.89%	Calories from Total Fat
Total Fat	2.41 g	Sodium	79 mg	Protein	0.49 g	Iron	0.28 mg	11.83%	Calories from Saturated Fat
Saturated Fat	0.33 g	Carbohydrates	0.74 g	Vitamin A	806.0 IU	Water ¹	15.01 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.69 g	Vitamin C	15.6 mg	Ash ¹	0.44 g	11.87%	Calories from Carbohydrates
								7.84%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.